

スポーツ科学研究, 11, 69-130, 2014 年

Knowledge and attitude about concussion, and usefulness of the lecture for them in Junior high school teachers and coaches

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Sport-medicine researchers recognize sports-related concussions as one of the most important subjects to resolve in athletic activities. Recent studies suggested that it is significant for all individuals who are related to student-athletes' activity to understand the concussions. Therefore, the purposes of the study are: (1) to clarify the knowledge and awareness of a concussion among teachers and coaches of public junior high schools; and (2) to assess the effectiveness of lectures on a concussion for the teachers and coaches.

The result showed thirty-four percent of the participants reported the concussions of the students in their activities. However, they might have misconceptions on the

concussions; thus there were potentially more participants whose students experienced the concussions.

In the lecture, the CDC's "Heads Up: Concussion in Youth Sports" were translated to Japanese and used, and "Pocket SCAT2" was distributed as a reference. There were high satisfaction levels with items that the participants wanted to know in the lecture. However, it was necessary to consider the time when to start the lecture and length of the lecture. Furthermore, the questionnaire taken after the lecture showed lack of the knowledge on the concussion; thus the lecture could have great effectiveness to the individuals related to student-athletes' activity.